

To

Her Gracious Majesty
Queen Elizabeth

On the occasion of
Her Majesty's visit to
Benenden Sanatorium

Thursday, 6th. July, 1950.

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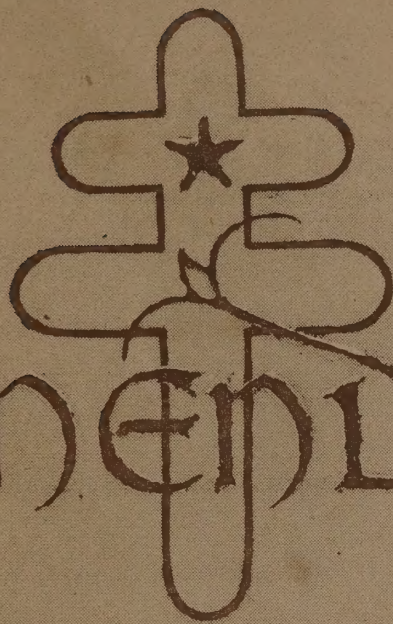
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BENEFIT

FIFTY YEARS AGO

there were no Sanatoria which were within the reach of people with moderate incomes. For those who could afford it there were hospitals in Switzerland & a few relatively expensive Sanatoria in this country, but the facilities for the treatment of the ordinary workers were very scarce. The death rate from tuberculosis was high

and governments & doctors were seeking out the best means of combating the scourge. The incidence of the disease was increasing and there was no immediate prospect of the State's taking over the responsibility for its treatment. Amongst the workers in the Post Office service there seemed to be an undue number of sufferers and this troubled Mr. C. H. Garland O.B.E., I.S.O. of the Central Telegraph Office & his friends, Mr. F. W. Wareham, Mr. W. G. Bunn and Dr. Thomas D. Lister. In spite of the cost, these men decided to try to bring Sanatorium treatment within the reach of their poorer brethren.

With this object in view, in 1905, they formed the NATIONAL SANATORIUM ASSOCIATION.

When they had collected a sufficient sum of money they bought, for the sum of £5,800 the estate of Cleveland's at Benenden, in Kent, reputed to have been given to Anne of Cleves by King Henry VIII, and on the 14 July, 1906, Her Royal Highness Princess Christian laid the foundation stone of the Benenden Sanatorium. At the same time, in order that his colleagues in the Post Office should be able to avail themselves of the facilities at Benenden, Mr. Garland founded the POST OFFICE SANATORIUM SOCIETY, which at a much later date was enlarged to appeal to all members of the Civil Service & is now known as the CIVIL SERVICE (FORMERLY POST OFFICE) SANATORIUM SOCIETY. The two organisations – the Sanatorium

Association and the Sanatorium Society—
were in very close association from the out-
set and are now, in all but name, one body.
The growth of the Sanatorium has depended
very largely on the weekly contribution of
thousands of Civil Servants and the cost of
every improvement and new project has
been defrayed either in whole or to a large
extent by the Society.

Naturally its beginnings were modest, for
when it was opened in March, 1907, there
were only 15 beds available, increased by the
end of the year to 31. To-day there are 154
beds and shortly the number will be 200.





THE LANDS & BUILDINGS are in beautiful surroundings in the heart of the Weald of Kent & cover about 250 acres. In this area the Sanatorium has three farms and its own T.T. Attested herd of shorthorn cows, while a large kitchen garden

Supplies fresh fruit and vegetables for the patients and the staff.

The buildings themselves comprise the original Main Block & the Cadogan Pavilion, which accommodate 90 male patients, with the Post Office pavilion & the Lister Block providing beds for 64 women patients.

There is an Administrative Block, with offices; and staff accommodation, with kitchens; Patients' Dining Hall; a new Medical Block, with Laboratory, dispensary, dental surgery and Occupational Therapy Department; the Peek Nurses Home; another Nurses Home, with tennis court & garden at Biddenden in the neighbourhood; nine houses and cottages for members of the staff; & the Sanatorium Laundry.

The very highest level of medical and surgical skill is available at the Sanatorium, which has its own resident staff of doctors and nurses. Whereas in the early days the treatment consisted mainly of rest, fresh air & graduated exercises, the more advanced treatment of today offers a much better prospect of complete recovery. Benenden was amongst the first Sanatoria to use Streptomycin and P.A.S., & during the current year a sum of £3,000 will be spent on these two drugs for the benefit of the patients. The Sanatorium is also an affiliated Training School for Nurses taking the Preliminary State Examination & the British Tuberculosis Association Certificate.

From 4th. March 1907 to 31st. December 1949

10,021 patients from all parts of the United Kingdom had been treated at Benenden.

The results are — Condition much improved and improved 8,762, that is, over 80%. This is highly gratifying & a remarkable tribute to the work, as most of the patients concerned were able to resume their occupations.

AFTER THE RECENT WAR
During which bombs caused fatal casualties and extensive damage to the Sanatorium, the Council and Committee of Management realised that in order to keep abreast of modern developments, efforts would have to be made to extend the facilities at Benenden, and accordingly an Appeal Fund was launched throughout the Civil Service and under the

chairmanship of Miss M.A. Jackson M.B.E. the appeal brought the truly remarkable total of £94,234, some of which money has already been spent on works of improvement and the remainder will go to the provision of accommodation of 46 additional beds, an up-to-date operating theatre where major surgery will be carried out, and a modern X-ray Department. In addition to this, Mr. F.W. Wareham, Honorary Solicitor, & his son, as Executors of a legacy, provided over £20,000 for building and equipping the Medical Administration Block and the Peck Nurses Home which are now in full occupation.

The Sanatorium has been disclaimed from the National Health Service and retains its

individual character & independent status,
without State aid, as the CIVIL SERVICE
(FORMERLY POST OFFICE) SANATORIUM.

Membership of the Society which is now
280,000 is open to all civil servants at a
cost of one penny a week each & any mem-
ber contracting tuberculosis is given free
Sanatorium treatment for so long as is
necessary.

For a small additional weekly payment
the facilities are extended to the wives &
children of members. There are 60,000
wives & 20,000 children now enrolled.
The Society has also a scheme for cancer
benefit.

THE FAITH OF THE FOUNDERS
NEARLY FIFTY
YEARS AGO

has been abundantly justified
and many hundreds of
Civil Servants are thankful
for the devotion of those who
have during these years
made and kept the Society

A LIVING
INSTITUTION

This facsimile reproduction of the book written
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